

SNR Express

2629 Dalrymple Street, Sanford, NC 27332
(919) 775-6060 (phone) * (919) 775-5627 (fax)

Hours of Operation

Monday-Friday	5:30 AM – 9:00 PM
Saturday	8:00 AM – 4:00 PM
Sunday	1:00 PM – 4:00 PM

Membership Rates

Memberships		Gold Card Fitness	Gold Card Total
Individual	\$38/month \$387/year	\$48/month \$489/year	\$60/month \$612/year
Family (2)	\$48/month \$489/year	\$58/month \$591/year	\$78/month \$795/year
Family over (2)	\$10/month for each add on limited plan \$15/month for each add on total access plan		

Senior Citizen Rates: Anyone 55 years of age or older, are eligible for senior rates.

Individual	\$30/month \$306/year	\$40/month gold card \$408/year gold card
Family (2)	\$40/month \$408/year	\$45/month gold card \$459/year gold card

***Fitness gold card membership** allows members to use SNR Express and also have limited access at Sanford Nautilus.

***Total gold card membership** allows members to use SNR Express and also have total access at Sanford Nautilus.

Corporate Memberships: Have your company join our company! Corporate rates can be set up for small businesses or large corporations. Employees on corporate memberships will enjoy special joining fee discounts, while receiving all of the benefits of an exercise program. For more information, contact Jason Collins, Manager, at 775-6060.

IMPORTANT MEMBERSHIP INFORMATION

Only immediate family (spouse and dependent children) can be on a family plan. For children to be on a family plan (contract), they HAVE to be between the ages of 13-18 and if not, they still have to be 21 or under AND in college. If they are older than 21, they have to have their OWN contract

Holiday Schedule

Memorial Day Club Hours – Monday, May 30th
The club will be open from 10 AM – 4 PM.
Members can use either facility to workout.

We will be closed on Monday, **July 4th** in observance of Independence Day.

In-House Services

Nursery

A nursery is available on site. Service is provided Monday – Thursday from 4 pm- 8 pm.
The cost is \$5.00 a month - \$1.00 per additional child - \$1.00 drop in fee

Personal Training

Personal Trainers can develop a fitness program based on your individual needs and goals. The trainer will teach proper form and technique so that individual's can get the most from a personalized fitness program. If your fitness program has not changed since you have joined, a Personal Trainer may be just what you need. Fee: \$30/hour

Tanning Beds

Two tanning beds are available for year round tanning. Tanning products are available for purchase. \$4/visit or \$35/month

Island Oasis

The ultimate all natural beverage mix with yogurt or protein added. Several flavors are available and made fresh upon request.

Youth Policy

Children 13 years of age and older are eligible for membership. All members age 13-15, must go through an orientation and be directly supervised by a parent for each workout. All children under 13 years must be in the nursery. They are not allowed to sit in the lobby while parents workout.

Group Exercise

Wednesday at 5:30 pm – Sculpt - This class also offers total body conditioning and toning. This head-to-toe workout is designed to sculpt and strengthen your body using hand-held weights, exercise balls, dynabands and resistance tubing.

Please see the front desk for Zumba information.



When members see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms like salsa, merengue, cumbia and samba set to high-energy Latin and international beats. Before participants know it, their abs, arms and thighs are toned up and their energy levels are soaring! There's no other fitness class like the Zumba® Fitness-Party. It's easy to do, effective and totally exhilarating, building a community in your fitness facility that stays consistent and strong. Members return to Zumba class again and again, bond with other members and become addicted the Zumba experience. In turn, your member retention reaches new - and higher - levels.